



## TOWN OF CORTLANDT SUMMER 2020 SENIOR VIRTUAL PROGRAMS

### CONTACT INFORMATION

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914-528-1572

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Community Center  
29 West Brook Dr.  
Cortlandt Manor, NY 10567

### ZOOM INFORMATION

To sign up for your own free account, visit [zoom.us/signup](https://zoom.us/signup) and enter your email address. You will receive an email from Zoom (no-reply@zoom.us). In this email, click Activate Account.

*It is critical to emphasize that maintaining 6-foot social distancing remains important to slowing the spread of the virus. CDC is additionally advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.*

### SENIOR CITIZEN CLUB MEETINGS

Visit the Town of Cortlandt website at [www.townofcortlandt.com/stayathomerecreation](http://www.townofcortlandt.com/stayathomerecreation) to view our pre-recorded meetings!

### SLOW STRETCH CLASS WITH BREATHING EXERCISES

Visit the Town of Cortlandt website at [www.townofcortlandt.com/stayathomerecreation](http://www.townofcortlandt.com/stayathomerecreation) to view our pre-recorded exercise classes!

### TAI CHI CLASS VIA ZOOM

Join Kim Cercena from the comfort of your own home for some relaxing Tai Chi/Chi Kung exercises beginning on Mondays, July 6th- August 31st at 10:00 AM. \*Must wear supportive/comfortable walking sneakers. No sandals or slides. Also, have a kitchen or dining room chair available. \*

**Meeting ID:** 323 734 2089

**Password:** 423983

### CHAIR EXERCISE CLASS

Visit the Town of Cortlandt website at [www.townofcortlandt.com/stayathomerecreation](http://www.townofcortlandt.com/stayathomerecreation) to view our pre-recorded exercise classes!

### ROCKIN' THE CLOCK

Our ACE-certified instructor, Jody Alesandro, has created free dance-fitness classes for active seniors and rock lovers of all ages! Visit the Town of Cortlandt website at [www.townofcortlandt.com/stayathomerecreation](http://www.townofcortlandt.com/stayathomerecreation) to view our pre-recorded exercise classes. If you would like further information you can contact Jody at [cardiorockergmail.com](mailto:cardiorockergmail.com).

### MD LECTURE WITH NYPHVH

Topic: COVID-19 Update - Safety Precautions, Treatments and Ways to Stay Healthy. Zoom information to come!

### "BUSY BOOKS"

Need some activities to keep your mind moving? The Center has "Busy Books" filled with coloring pages, puzzles and more! Call 528-1572, to reserve your book. Mailing or contactless pickup options available.

### WALKING PROGRAM

Enjoy brisk walking around the Center parking lot with staff and your peers. Whether its 1 lap or 5, it's up to you! Bring a friend & make some new ones!

*No class in inclement weather.*

**Dates:** Mondays, July 6, July 13, July 20, July 27, August 3, August 10, August 17, August 24, August 31

**Time:** 9:00 AM (to beat the heat)

**Location:** 29 Westbrook Drive, Cortlandt Manor

**Fee:** Free

\*Must wear supportive/comfortable walking sneakers. No sandals or slides. Bring water and a towel if necessary.\*

### RESISTANCE TRAINING- STRENGTHEN AND TONE YOUR MUSCLES USING BODY WEIGHT EXERCISES

Join Natalie as she helps you strengthen and tone your muscles using body weight exercises.

*No class in inclement weather.*

**Dates:** Fridays, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28

**Time:** 9:00 AM

**Location:** Field at Cortlandt Town Hall

**Fee:** Free

### SELF-CARE DURING COVID VIA ZOOM

Join our social worker, Beth Miller, once a month in a Zoom meeting to hear about different ways in which to take care of yourself during this very challenging time, and to learn of some of the resources available to you through the County. You can also reach out to Beth Miller anytime via her work phone number at 914-761-0600 x 2336. Please leave her a message, and she will get back to you within 24 hours.

*Meetings begin on June 25th, and continue every fourth Thursday of each month.*

**Dates:** Thursdays, 7/23 & 8/27

**Time:** 12:00 PM

**Fee:** Free

**Meeting ID:** 73396413855

**Password:** Beth

### PEN PAL SNAIL MAIL

Please call the Community Center at 914-528-1572 for more information!